



## Second Harvest wants to be Bloomsday's Official Charity in 2018

**Second Harvest helps feed 55,000 people each week in the Inland Northwest.** Since numbers on paper are not tangible, we often relate this to the masses who participate in Bloomsday each spring. Imagine the same number of people drawn into the crowd at Bloomsday turning up at food banks and meal centers each week for assistance. This is a staggering amount of people who need our help. One in seven people in Spokane is at risk of hunger and that includes one out of five children. These food insecure people go without all of the food needed to lead a healthy, active life.

**At Second Harvest, we bring together community partners to help us in our efforts to get healthy food to every person, every day.** People need enough good food to do well in school and at work, to avoid diet-related diseases, and to put them on a path to good health and self-sufficiency. Our mission is to provide that free food.

Second Harvest was founded in 1971 as a central warehouse for a handful of neighborhood food pantries in Spokane. Today, we partner with 250 food banks and meal centers—including 100 in Spokane. We provide more than half a million pounds of food every week to our network to fill nutritional gaps for people in poverty, the working poor, elderly and disabled people on very low fixed incomes, homeless people, and children and families in crisis. In 2016, Second Harvest distributed 30 million pounds of food throughout our network that includes 26 counties in Eastern Washington and North Idaho—a territory that spans just over 51,000 square miles.

Well over half of all food Second Harvest distributes is nutrient-rich fresh fruits, vegetables and other perishable items. It's surprisingly common among low-income families to not eat any produce on a regular basis. This can lead to nutrient-deficient diets that can contribute to numerous serious health conditions. Since we are located in a region with high agricultural production, Second Harvest accesses an incredible amount of locally grown fresh produce donations.

Second Harvest also offers programs like the Mobile Market and Bite2Go that work to end hunger in the community. The Mobile Market carries thousands of pounds of food to families in need in both urban and rural areas. The Mobile Market targets specific areas of extreme poverty. The distributions are held at varying sites to allow for effective accessibility to each family situation. During the school year, Bite2Go provides food to students in need for over the weekend, when they do not have access to free or reduced price school meals. Schools are connected with businesses, churches and other organizations that sponsor the Bite2Go food supplies. Bite2Go kits contain a healthy mix of kid-friendly, single-serving, nonperishable food items.



School staff and volunteers provide students with Bite2Go kits from Second Harvest so they will have food over the weekend.

**We believe our work strongly correlates with Lilac Bloomsday Association's own mission in promoting and building a healthier community and improving the physical well-being of the public.** Second Harvest contributes to healthy communities by ensuring hungry children, families and seniors get the proper nutrition they need to live a healthy life. Along with providing food, Second Harvest also helps people take steps to living a healthier life. This work happens in The Kitchen at Second Harvest, a beautiful and fully equipped dedicated teaching kitchen located right in our warehouse. Hands-on cooking classes and other nutrition education classes are offered for all ages. A growing number of volunteers are being trained as nutrition ambassadors to take The Kitchen's nutrition education and activities on the road to schools, community centers and other locations.



Children learn how to prepare simple snacks with fresh produce in The Kitchen.

**The Kitchen provides a unique opportunity for shooting promotional videos on the connection between healthy eating and training for an event like Bloomsday.** Second Harvest and Bloomsday would be able to collaborate with these co-branded videos on our websites and through social media to highlight our partnership and increase visibility for both organizations. Second Harvest is also an ideal place to invite local media to assist in telling the story of Bloomsday and the emphasis of health in the community. Washington Grown (wagrown.com), a television series that features foods grown and produced right here in our state, has filmed at Second Harvest and in The Kitchen multiple times.



Here's a scene from Washington Grown that was filmed in The Kitchen.

Examples include:

- <https://www.youtube.com/watch?v=caeXauuz9Jo>
- <https://www.youtube.com/watch?v=UmYjp2cLQzQ>

Second Harvest is excited about ways to creatively raise additional dollars to get food to where it's needed most. If selected as the official charity for 2018, Second Harvest will work closely with Bloomsday to explore options for producing and selling co-branded, reusable grocery bags, insulated produce bags or aprons. Another option would be working with a food industry partner to package a special Second Harvest-Bloomsday spice blend to sell.

**Thanks to generous donors and 8,000 volunteers annually, Second Harvest operates very efficiently, transforming every donated dollar into five meals for hungry people.** We depend on a broad base of community donations to carry out our work year-round, and we hope to earn your support as Bloomsday's official charity. Second Harvest will use the generosity of Bloomsday participants to put so many more meals on the tables of our neighbors in need. Thank you for your consideration.

**For more information:**

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